



The Hanover Council on Aging

HANOVER HAPPENINGS



MARCH 2018

665 Center Street Hanover MA 02339 (781) 924.1913 coa@hanover-ma.gov

What's new?!

Single Stream Recycling!

You may have noticed the recycle bin in the Henry S. Newcomb Room. We have started to recycle! We now have a single stream dumpster on site.

Single stream means all paper fibers, plastics, metals, glass, and other containers are mixed in a collection truck, instead of being sorted by the depositor into separate commodities.

This still does not include plastic bags, the hot cups we use for coffee, containers with food or liquid in them, or Styrofoam.

Reminder on Programs:

Please try to reserve your place for Programs whether they are free or not. Many offerings require a head count and have maximum attendance. We will always have a wait list and will call you in the event of cancellations. Please call the office if you cannot make it to a program.

Check in at the front desk is required for all day programs other than exercise classes, those just require a scan of your card.

Thank you!!!

I don't know about the rest of y'all but I am looking forward to Spring!!!!!!

Tammy

Regular Library Rides

We will be providing weekly rides to the John Curtis Free Library starting Friday, March 2nd 11am –1pm. Call to book your ride today!! 781-924-1913

Please note

No 6 PM Yoga class on Thursday, March 1, 2018.

The COA Building will be closing to the public at 2PM on Friday, March 2, 2018 for staff training.

An additional watercolor class with Ron has been added on Tuesday, March 27!

Egg Hunt!

Between Monday, March 26 and Thursday, March 29, we will be hiding eggs in the building containing a raffle ticket which is a chance to win 1 of 3 gift cards!

Each person is limited to one entry per day. The drawing will be on Thursday, March 29th at noon. Join us for a free light refreshments on March 29 at 11:30AM. Registration required!

HELP DESIGN OUR NEXT LOGO

We are looking for drafts or input on our next logo. Ideas will be drafted and a contest held at the end of March. Please share with anyone who may be interested! All submissions can be given to Tammy at the Center or by email: tammy.murray@hanover-ma.gov and you will be provided the rules etc. Please submit by March 23rd. Voting the week of the 26th-30th.

WINTER STORM INFORMATION

The COA Policy is to close to programming when the schools close due to weather or other related incidents. The offices remain open unless the town closes for the day. Rides will still be available, if the roads are clear.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>March</i></p>		<p>Welcome Spring!</p>	<p>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 4:30 FAJITA DINNER— WAIT LIST ONLY SHOPPING HANOVER MALL</p>	<p>10:00 ARTHRITIS EXERCISE</p> <p>Center Closing at 2:00pm for staff training program</p>
<p>5 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 12:00 CHAIR TAI CHI 1:00 BEGINNERS TAI CHI 3:00 GENTLE TAI CHI SHOPPING-SHAW'S</p>	<p>6 9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING ROCHE BROTHERS/ CHRISTMAS TREE</p>	<p>7 8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER</p> <p>SHOPPING-SHAW'S LEGION & BARSTOW</p>	<p>8 10:00 BOWLING 10:00 EXERCISE W CHRIS 10:00 BOOK CLUB 10:00 ASK A LAWYER 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA HANOVER MALL</p>	<p>9 9:30 WALNUT HILL 10:00 ARTHRITIS EXERCISE</p> <p>SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>12 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 12:00 CHAIR TAI CHI 1:00 TEA WITH SHERYL FAYE AS ABIGAIL ADAMS 1:00 BEGINNERS TAI CHI 3:00 GENTLE TAI CHI SHOPPING-SHAW'S</p>	<p>13 9:30 MORNING OUT 1:00 TAI CHI 1:00 ACRYLIC PAINTING WITH TAMI 2:15 STRETCH WITH NEIL</p> <p>SHOPPING KOHLS/STOP&SHOP</p>	<p>14 8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER 2:30 MOVIE-THE GLASS CASTLE</p>	<p>15 10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA</p> <p>SHOPPING HANOVER MALL</p>	<p>16 10:00 ARTHRITIS EXERCISE</p> <p>St Patrick's Day Party at noon</p> <p>SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>19 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 12:00 CHAIR TAI CHI 1:00 MAH JONG 1:00 BEGINNERS TAI CHI 3:00 GENTLE TAI CHI SHOPPING-SHAW'S</p>	<p>20 9:30 MORNING OUT 9:30 MENS DISCUSSION 9:30 BLOOD GLUCOSE 11:00 DEPRESSION TALK 1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>SHOPPING STAR/MARSHALLS MARSHFIELD</p>	<p>21 8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER 12:40 FOOT CLINIC (by appointment)</p>	<p>22 10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA</p> <p>SHOPPING HANOVER MALL</p>	<p>23 10:00 ARTHRITIS EXERCISE 1:00 ART FOR YOUR MIND</p> <p>SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>26 8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 12:00 CHAIR TAI CHI 1:00 MAH JONG 1:00 BEGINNERS TAI CHI 3:00 GENTLE TAI CHI 7:00-8:30 ALZHEIMERS TALK AND BOOK SIGNING SHOPPING-SHAW'S</p>	<p>27 9:30 MORNING OUT 11:30 LUNCH 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL</p> <p>SHOPPING MARKET BASKET</p>	<p>28 8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 DEB'S CORNER</p> <p>7:00pm DRINKWATER MEMORIES</p>	<p>29 10:00 BOWLING 10:00 EXERCISE W CHRIS 11:30 REFRESHMENTS/ DRAWING 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA</p> <p>SHOPPING HANOVER MALL</p>	<p>30 10:00 ARTHRITIS EXERCISE</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>

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MARCH EVENTS

Fajita Dinner, Thursday, March 1, 2018 , free

This free dinner will feature chips with salsa and guacamole, chicken fajitas, Spanish rice, vegetables and dessert. Unfortunately, this event is full. Wait list only.

Deb's Corner Wednesdays at 1PM

A four week program on Wednesdays in March.

Cost \$17 for four or \$5 per class.

March 7—Reflexology

March 14—Collage

March 21—Meditation and Journal

March 28—Review

Please sign up in advance for \$17 discounted rate

Walnut Hill Garden Club Flower Arrangement Friday, March 9 at 9:30AM, fee \$5

Join the members of the Walnut Hill Garden Club as they help you arrange a pretty wooden box with silk flowers. Reservations are necessary, space is limited.

Sheryl Faye Productions presents: Tea with Abigail Adams, Monday, March 12 at 1PM, fee \$3

Our second first lady is coming to Tea and you are invited. Join us as we welcome back Sheryl Faye for another performance portraying one of our most documented first ladies. Please reserve your spot!

Painting with Tami Traft, Tuesday, March 13 at 1PM, fee \$5 paid directly to Tami

Tami Traft uses acrylic paints to teach this class. Participants leave with a beautiful painting ready to hang. Tami provides all of the supplies. This class is brought to you in part by The Friends of the Hanover COA. Space is limited, reserve your place.

Movie series The Glass Castle (co-sponsored by the JCFL and the HCOA), March 14 at 2:30-4:30

In the movie, high spirited and self-involved parents subject their four kids to an unorthodox life on the road, dodging responsibilities and over indulging in alcohol. It stars Woody Harrelson, Naomi Watts and Bree Larson. The movie is free and refreshments will be served. Please sign up.

3 NEW TAI CHI CLASSES starting Monday, March 5

Tai Chi is an ancient Chinese internal martial art. It is a mind and body exercise, sometimes called a moving meditation.

Tai Chi practice has known benefits for balance, flexibility, relaxation, bone strengthening and more.

Class 1 - SEATED TAI CHI— 4 week session.

Doing Tai Chi while seated works core muscles that are important for balance. It is useful for those who want or need to sit, those recovering from illness, or anyone temporarily confined to a chair — think airline or car passenger.

This 4 week session will cover the basic moves of the Tai Chi for Arthritis and Fall Prevention form while sitting in chairs.

Meets at **noon** on Mondays for 4 weeks starting on Monday, March 5th.

\$4 per class

Class 2 - BEGINNING GENTLE TAI CHI FORM— 6 week session

This class will begin learning Part 1 of the Sun style Tai Chi for Arthritis and Fall Prevention (TCA) form. This form uses classes slow continuous movements which emphasize body structure awareness and balance while minimizing stress on one's knees.

We will learn a new movement each week of the series.

Come join us and exercise your mind and body while enjoying a relaxing hour.

Meets at **1pm** on Mondays for 6 weeks starting on Monday, March 5th.

\$4 per class or \$20 for 6 weeks.

Class 3 - GENTLE TAI CHI, continuing Parts 1 and 2 Prerequisite: Class 2 - Beginning Gentle Tai Form

This class will continue on with learning the entire TCA form, both Parts 1 & 2. Open to all previous Tai Chi participants of Tai Chi classes at the Hanover Senior Center.

Meets at **3pm** on Mondays beginning March 5th. \$4

VETERAN'S NEWS

The Department of Defense, through a joint initiative with the Department of Veterans Affairs (VA), is pleased to announce the launch of a web-based tool that will provide customized guidance to Veterans who desire to upgrade or change the conditions of their military discharge.

Over the years, some Veterans have criticized the review process as daunting or difficult to understand. Paperwork and supplemental guidance have confused the Veterans and delayed the processing of their change.

The innovative tool simplifies and customizes the guidance. By answering a few short questions, Veterans will know which board they need to go to, what form to fill out, and special guidance applicable to their case, where to send their application, and some helpful tips for appealing their discharge. Any Veteran who believes their discharge was unjust, erroneous, or warrants an upgrade is encouraged to use this tool and then apply for review.

Each military branch has its own Discharge Review Board. The help tool site is: www.vets.gov/discharge-upgrade-instructions

Questions? contact the Hanover Veterans' Service Officer, Mike Thorp, located at town hall, 781-829-0968.

OUTREACH

Fuel Assistance

The COA provides assistance with applying for this federal program. This program provides low income individuals and families with help paying home heating bills. Renters may be eligible as well. Applications can be submitted until April 30, 2018. Contact Nancy Lester at 781-924-1913 to find out what documents you need to bring to apply.

New Medicare cards

Starting in April 2018, Medicare is sending new Medicare cards with new Medicare numbers to every person with Medicare. The rollout of the new cards will take about a year. You don't need to do anything to get your new card.

HANOVER VNA

The Hanover VNA Welcomes..... NVNA AND HOSPICE

"The Journey.....Understanding Palliative Care vs. Hospice Care" **Wednesday, March 21, 2018 at 6:00PM Hanover Town Hall 550 Hanover Street Hanover, MA**

Please join us for this informative presentation. Light refreshments will be served.

This presentation is to provide an understanding when Palliative and Hospice care can be beneficial. What are the differences? When is each appropriate? What are the qualifications? Who makes the decision? Our presenter will be Jo-Anne Calabro, RN for NVNA and Hospice.

This presentation is to provide an understanding when Palliative care and Hospice care can be beneficial. What are the differences? When is each appropriate? What are the qualifications? Who makes the decisions?

For more information call Doreen Zeller, RN at the Hanover VNA 781-826-4971

The Hanover Visiting Nurse Association, Inc, Annual Open Meeting will be held on Tuesday, April 10, 2018 at 7pm at the Council on Aging. The topic will be: "Parkinson's... A Complex and Mystifying Disease"

The guest speaker will be Brett Miller. Brett has twenty two years experience as a Physical Therapist. He is a former medic in the Army and a professional conditioning boxing coach. He is also the founder of Rock Steady Boxing South Shore in 2016 (an affiliate of the original program in Indianapolis). RSB is a non contact physical therapy for individuals battling Parkinson's.

Brett is the owner of 110 Fitness and Wellness Center in Rockland MA, which offers adaptive and wellness programs for individuals of all ages with disabilities. Signs and symptoms of Parkinson's, medications, what resources are available and the health benefits of exercising will be addressed. **ALL are Welcome to attend!**

EVENTS

St Patrick's Day Celebration, Friday, March 16 at noon. The fee of \$5 is for the entertainment. Once again the Hanover Club invites you to our annual St Patrick's Day Party. A traditional corned beef dinner and homemade desserts will be served and Bob Sylvia will provide the entertainment. Hanover residents have priority signing up, starting March 1 and 2 Hanover residents only. All others can sign up beginning March 3. Make sure you wear your green!



Symptoms of Depression, Tuesday, March 20 at 11AM, free

Local social worker, Patricia Kiessling will inform us about signs of depression to look for in seniors and what we can do to help. Please call 781-924-1913 for reservations.

Foot Clinic with Dr Chan

Wednesday, March 21 starting at 12:40PM, by appointment only. Fee is \$35 with insurance or \$60 without insurance. Call 781-924-1913 to make your appointment.

Art for your mind—Cityscapes, Friday, March 23 at 1PM, fee \$2

Join us as Jill Sanford presents, "Cityscapes," featuring images which showcase urban areas and the unique ways that artists have portrayed city life over time with a surprising variety of images from Europe and America—both representational and abstract. Sign up to reserve your place.

Memoir of Alzheimer's Disease: Book Signing and Talk (co-sponsored by JCFL and HCOA)
Monday, March 26 from 7PM to 8:30PM, at the COA free Local author, Deborah Lynn speaks to her experience with Alzheimer's disease in her memoir, **On Angels Wings: A Journey through Alzheimer's with My Mother.** Copies of the book will be available for purchase. To make reservations, please call 781-924-1913.

Friendship Home Luncheon Tuesday, March 27, 11:30AM, \$3.00 per person, to benefit the program registration is required Join us for Lasagna with garden salad prepared and served by participants at the Friendship Home in Norwell! Please register by March 23rd.

**The Hanover Historical Society
 Neighborhood History Series Presents:
 Drinkwater Memories Wednesday, March 28 at 7 PM**

Join Moderator: Les Molyneaux

Special Guest Speakers:
 Robert Clark
 Kenton Greene
 Eleanor Nawazelski

There is no charge for this event and we will be serving Light Refreshments
 Please register at 781-924-1913 before March 24 if you intend on snacking, otherwise walk-ins are always welcome!

Deb's Corner, Wednesday's at 1 PM in March

Deb Bunzel is a Reflexologist, Reiki Master Teacher, and Soul Collage presenter. She has designed a 4 week program that introduces all of these and so much more!!! This is a 4 week class, but weekly drop ins are welcome. The program is \$17.00 for all 4 weeks if paid in advance OR \$5.00 per class.

Classes are: Reflexology, Collaging, Meditation and Journaling and the last class is review and practice.

Call to reserve your spot today! 781-924-1913.

VOLUNTEERS

We are still looking for anyone who is interested in making occasional lunches for our residents. You come with the plan and execution, we will get you some help and we pay for the food!

We are also looking for crafters to lead craft workshops.

For more information contact Jen at 781-924-1913 ext 1109 or email jennifer.dunn@hanover-ma.gov

NEW AND RENEWED FRIENDS

Gloria Cioffi, Janet Hettleman, Evelyn Derenne, Barbara Feely, Francis Kearns, Nancy Gamble, Ritan & Gordon Stappen, Lee & Betty Bertolo, Theresa Doyle, Frank & Carol Fraser, Francis & Joe Casey, Barry & Jeanne Giorgi, Tom & Ruth Crone, Peg Marquis, Jackie Carroll, Patricia Baker, Jim & Susan Vaile, Peter McCarrick, Geraldine Carvello, Dr. Nancy Mickunas, Rose Prenetseh, Gilda Wahler, Martha Conley, Mary O'Toole, Robert Craghton, Clark Urbanowicz, Mary Adduci, Helen Kelly, Maria Deminico, Barbara & Joe Bellantone, Albert and Marie Lynch, Anne O'Connor, Carol White, Barbara Sawtell, John MacDonald, Steven & Janice Pini, Helen Sales, Christopher & Shirley Wise, Eileen Connare

ADDITIONAL DONATIONS

Barbara Feely, Barry & Jeanne Giorgi, Jackie Carroll, Patricia Baker, Peter McCarrick, Dr. Nancy Mickunas, Mary Adduci, Helen Kelly, Maria Deminico, Barbara & Joe Bellantone, Anne O'Connor, Steven & Janice Pini, Helen Sales, Christopher & Shirley Wise, Eileen Connare

Please note: We do our very best to get your loved ones names entered promptly, yet sometimes there are delays in the process. Please know that it is unintentional and we will list names as soon as we can.

IN REMBERANCE

Dorothy Mareik, Rose Quigley, Eva Gallant, Chester Baker, Juliet & Michael McCarrick, Elmont Mikunas

IN HONOR OF

The Volunteers at the COA

FRIENDS TRIP

Donna Lawrence is working tirelessly on making your 2018 exciting to date she has booked Foxwoods on April 17, 2018 and September 18, 2018 and Turkey Train is scheduled for October 11, 2018. More to come next month!

SPECIAL THANKS

Special thanks to the weekly poker players for their continued donations to the Center!

HUGE THANKS TO JONATHAN ABBAN AND THE HANOVER HOCKEY TEAM FOR SHOVELING OUT SOME OF OUR CLIENTS!

ANOTHER BIG THANKS to the **Friend's of the Hanover Council on Aging** and all of their supporters! The two free months of day exercise classes was a great chance for many people to try classes they may not have before.

And Last but never least a **Super Huge Thank You** to:

Norman Morgan

Mary Deame

The Gallagher Family

The Poker Players

All who do so much for others each and every day!!

Thank You

**SUNDAY, MARCH 18 7AM—11AM
at the Council on Aging**

HANOVER LIONS CLUB

Pancake Breakfast! Join us for the Hanover Lions Club Fundraiser. Funds will support local charities.



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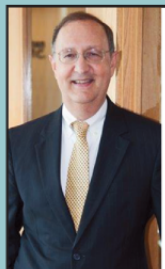
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RENEW YOUR MEMBERSHIP FOR 2018 IN THE FRIENDS NOW

Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2018

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____

**The Hanover COA Advisory Board meets of the second Monday of the month
and will meet again on March 12 2018 at 9am. All are welcome to attend this
open meeting.**

Friends

Dot Quinn,
President/Treasurer

Elaine Crowley,
Vice President

Judi Barca

Margaret Rooney

Doreen Giordani